

# Employee Assistance Program

1-800-852-3345, Ext. 4336 or 271-4336

## Getting unstuck

### *How to Pull Yourself Out of a Slump*

When you're in a rut about your work, your family, or your life in general, the situation can be debilitating. First, take responsibility for your situation and second, take responsibility for getting yourself out of it. Below are some steps that may help you through the process.

#### **Zap Some Energy Into Your Life**

Consider what you can do to zap some new energy into your life. Do you feel like you have some needs that aren't being met, some holes that aren't being filled? Try building friendships into your busy schedule. How about breakfast twice a month with a good friend who you never seem to have time to see? Avoid the "I'm too busy" excuse. Make time. Identify and start doing other things which bring joy into your life. Visit a museum occasionally, lounge on the beach with a good book, or take a ballroom- dancing class with a friend. You can also make some easy adjustments in your diet to see if what you're eating may be making you sluggish, or start exercising with a bit more regularity. Little changes can help you to get away from too many stale routines.

#### **Take A Look At The Long Run**

If you still feel stuck and suspect it might be something big, like your job or your family situation, do some soul searching. Take time to spend with yourself on this. Try relaxing for 15 or 20 minutes each day and sorting out your thoughts about work and family. Keeping a journal can also be very helpful in organizing and evaluating your feelings. Think about what's working or not working in both spheres, and what makes you happy or not so happy. Consider a session with a job counselor to help you evaluate your present work situation.

Maybe you could make some changes at work if you feel your job doesn't fit you well anymore. Talk to your family as well and don't be afraid to seek the help of a professional counselor if you feel it may help. Get an accurate picture of what your family expects from you and examine what you expect from them. Reconfirm with your mate your focus as a couple and determine what's important to both of you. Work together to set some family goals, so that the decisions you make are for the benefit of everyone.

#### **You Do Have Control**

Sometimes the worst thing about being stuck is the fear that things will only get worse. Keep a positive attitude and continue to move forward; these two steps will help pull you through. Then bite the bullet and ask yourself some hard questions. As you begin to set goals, you will feel more and more confident that you do indeed steer the course of your life.